

# all-day eats

all  
day

## breakfast burritos

- ❖ **The Eggs Factor** (v) ..... 49  
*Scrambled eggs, white cheddar, black beans, coriander, salsa fresca*
- ❖ **Breakfast Burrito** (v) ..... 45  
*Scrambled eggs, tomatoes, cheddar*
- ❖ **Scrambled Egg & Parmesan Burrito** (v) ..... 69  
*Scrambled eggs, shaved parmesan, spinach, roasted peppers, mushrooms*

## toasts *(all toppings served on one slice of sourdough rye)*

- ❖ **Chilli Out** (v) ..... 58  
*Avo, chilli flakes, hard boiled eggs, shaved parmesan*
- ❖ **Smokehouse** ..... 69  
*Chunky cottage cheese, avo, oak smoked trout, crispy onions, olive oil*
- ❖ **Fully Loaded** (v) ..... 49  
*Hummus, avo, cherry, sundried tomatoes, feta cheese*
- ❖ **Eggs On Toast** (v) ..... 48  
*Grated mozzarella, three eggs (scrambled, fried or hard boiled)*
- ❖ **Mexican Mince & Scrambled Eggs** ..... 51  
*Guaçamole, scrambled eggs, Mexican mince*

## french toast

- ❖ **Coffee French Toast** (v) ..... 54  
*Egg-dipped sourdough rye, fried in coffee and sugar served with maple flavoured syrup and coffee cream*
- ❖ **Banaofee French Toast** (v) ..... 58  
*Egg-dipped sourdough rye, served with caramelized banana & raw cacao butter*

## options

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❖ **Gluten-free Bread** - extra R5

❖ **Vegan Cheese** - extra R7

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# bowls

all  
day

## breakfast bowls

- ◆ **Granola Tart** (v) ..... **48**  
*Granola tart served with yoghurt, fruit & honey*
- ◆ **Chia & Pineapple Sundae** (v) ..... **59**  
*Chia seeds, fresh pineapple, coconut cream, yoghurt, granola*
- ◆ **Overnight Oats** (v) ..... **44**
- ◆ **Warm Oats & Nut Butter** (v) ..... **39**  
*Cooked oats served with sliced banana, nut butter & honey*
- ◆ **Wake & Cake** (v) ..... **48**  
*Orange, almond, honey cake served with a fruit & yoghurt*
- ◆ **Cinnamon Swirl Breakfast Cake** (v) ..... **45**  
*Served with honey crème fraiche*

## smoothie bowls *(seasonal toppings)*

- ◆ **Green Latifah** (v) ..... **78**  
*Filtered water, frozen mango, avo, ginger, spinach, dates, matcha, apple juice*
- ◆ **Berriana Grande** (v) ..... **78**  
*Amazonia organic acai, frozen blueberries, filtered water, banana*
- ◆ **Jimi Blendrix** (v) ..... **78**  
*Blue algae, mint, frozen pineapple, Amazonia organic coconut, coconut milk*



# build your own salad

from  
11 am

**1** choose a **base**: a green, a grain or mix of both

- ✦ Rocket
- ✦ Mixed Leaves
- ✦ Shredded Spinach
- ✦ Brown & Wild Rice
- ✦ Warm Quinoa

**2** add one **premium** option

- ✦ Roast Chicken
- ✦ Mushroom
- ✦ Avocado
- ✦ Chilli Beef Mince
- ✦ Hard Boiled Egg
- ✦ Tuna

**3** add one **dairy** option

- ✦ Shaved Parmesan
- ✦ Feta
- ✦ Grated Mozzarella
- ✦ Cottage Cheese
- ✦ Grated White Cheddar
- ✦ Vegan Cheese

**4** add four **fillers** options

- ✦ Our filler ingredients are changed regularly.
- ✦ Ask about what we have on offer for you today.

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You can choose to add more ingredients at an additional cost.

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**5** add a **dressing**

- ✦ Vegan Mayo
- ✦ Pesto Vinaigrette
- ✦ Olive Oil
- ✦ Balsamic Vinegar
- ✦ Mayonnaise
- ✦ Honey-mustard
- ✦ Creamy Herb
- ✦ Tangy Dressing

R65

# lunch

from  
11am

## salads or burritos

salad burrito

- ◆ **Fiesta** (v) ..... **63** **65**  
*Greens, avo, black beans, brown rice, salsa fresco, red onion, lime vinaigrette*
- ◆ **Honey & Mustard Chicken** ..... **69** **75**  
*Greens, quinoa, avo, feta, beet & carrot slaw, grilled free range chicken breast, honey mustard dressing*
- ◆ **Veggies Go Viral** (v) ..... **59** **64**  
*Greens, roasted vegetables, mozzarella, beet & carrot slaw, toasted sunflower seeds, hummus, olive oil*
- ◆ **Sticky Chicken** ..... **68** **72**  
*Greens, grilled free range chicken breast, avo, feta, cocktail tomatoes, sticky plum sauce*
- ◆ **Kale Caesar** (v) ..... **69** **73**  
*Grilled chicken, tomatoes, shaved parmesan, shredded spinach, greens, croutons, caesar dressing*
- ◆ **Tunacorn** ..... **65** **68**  
*Tuna, corn, red onion, greens, cocktail tomatoes, carrots, feta, mayonnaise*

## warm bowls

- ◆ **Chicken Pesto Parm** ..... **79**  
*Grilled chicken, croutons, shaved parmesan, spicy broccoli, tomato, warm quinoa, baby spinach, pesto vinaigrette*
- ◆ **Mediterranean Bowl** (v) ..... **74**  
*Roasted red pepper sauce, warm quinoa, feta, olives, red onion, hummus, greens, olive oil*
- ◆ **Yellow Submarine** (v) ..... **74**  
*Turmeric roasted sweet potato mash, boiled eggs, brown rice, greens, nuts, lime vinaigrette*
- ◆ **Mexican Bowl** ..... **79**  
*Chilli beef mince, corn, white cheddar, guacamole, nacho chips, crème fraiche*

# kids

all  
day

◊ **Toast & Peanut Butter  
or Nutella** ..... **25**

◊ **French Toast &  
Maple Flavoured Syrup** ..... **29**

◊ **Scrambled Egg & Toast** ..... **29**

◊ **Cacao Pops** ..... **25**

◊ **Kiddies Smoothie Bowl** ..... **45**

*Chocolate or mixed berries topped with  
cherrios, fruit, mini marshmallows*



**EAT FRESH**

**×**

**STAY RAD**



# drinks



## super shakes

	<i>small</i>	<i>large</i>
❖ <b>Bohemian Rhasberry</b> .....	<b>39</b>	<b>48</b>
<i>Raspberries, strawberries, blackberries, chaga powder, mint, milk</i>		
❖ <b>Mikale Jackson</b> .....	<b>43</b>	<b>51</b>
<i>Green superfood booster, frozen banana, spinach, lemon, milk</i>		
❖ <b>Drink Floyd</b> .....	<b>53</b>	<b>61</b>
<i>Coconut milk, organic coconut, mango, turmeric, cinnamon, chia seeds</i>		
❖ <b>Lil Wheyne</b> .....	<b>47</b>	<b>56</b>
<i>Whey vanilla protein, steamed frozen cauliflower, blueberries, filtered water, cinnamon, avo, milk</i>		

## smoothies

	<i>small</i>	<i>large</i>
❖ <b>Katy Berry</b> .....	<b>40</b>	<b>51</b>
<i>Mixed berries, apple juice, mixed berry sorbet</i>		
❖ <b>Robin Thick</b> .....	<b>37</b>	<b>47</b>
<i>Peanut butter, banana, honey, milk, marcel's frozen yoghurt</i>		
❖ <b>John Legendairy</b> .....	<b>37</b>	<b>46</b>
<i>Banana, milk, marcel's frozen yoghurt, sugar-free nomu chocolate powder</i>		
❖ <b>Tropics At The Disco</b> .....	<b>50</b>	<b>59</b>
<i>Organic dragonfruit, pineapple, mango frozen yoghurt, apple juice</i>		



# freshly squeezed

*small large*

- 🍷 **The Beetles** ..... **36 49**  
*Apple, mint, beetroot*
- 🍷 **Ludacrisp** ..... **40 52**  
*Lemon, pear, cucumber, spinach, celery, ginger*
- 🍷 **Miley Citrus** ..... **37 49**  
*Lemongrass, grapefruit, orange, carrot, pineapple*

# cold

- 🍷 **Still / Sparkling Water** ..... **19**
- 🍷 **Homemade Lemonade** ..... **30**
- 🍷 **Homemade Gingerbeer** ..... **30**
- 🍷 **Kombucha** ..... **39**
- 🍷 **Cape Cola** ..... **33**
- 🍷 **FIZZ Juicebox** ..... **31**
- 🍷 **Not made in China – Water** ..... **32**
- 🍷 **Sugar-Free BOS Iced Tea** ..... **32**

# warm

*regular large*

- 🍷 **Americano** ..... **23 26**
- 🍷 **Flat White** ..... **26**
- 🍷 **Latte** ..... **32**
- 🍷 **Chai Latte** ..... **32**
- 🍷 **Red Cappuccino** ..... **28 32**
- 🍷 **Unsweetened Hot Coco** ..... **34**
- 🍷 **Tea (Moroccan Mint, Rooibos, Earl Grey, Ceylon, or Green)** ... **19**

**Add Almond Milk** ..... **extra R3**

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>> **Bring your own cup and receive R5 off any hot drink** <<

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